



ANCHRR

Alaska Native
Collaborative Hub for
Research on Resilience

ANCHRR MISSION

- Coming together to celebrate the strengths of Alaska Native Elders, youth, communities and cultures.
- Conducting community-driven research to increase Alaska Native health, mental health and wellbeing.
- Changing the narrative from suicide prevention to the promotion of strength, resilience and wellbeing.

"Wellness is our way of life!"



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- Introducing the Alaska Native Community Resilience Study (ANCRS)
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FALL 2018 QUARTERLY BRIEF

"We are here because our ancestors were strong and knew how to survive on the land."

ANCRS Promoting Community and Cultural Strengths as Suicide Prevention for Youth Living in Rural Alaska

Alaska Native Community Resilience Study

In Alaska...

- **All communities have strengths.**
- **Every community has been impacted by suicide.**

The ANCRS Research Study builds on long-term collaborations with researchers working with Alaska Native communities to develop interventions to reduce suicide risk through strengths-based and culturally-centered models of protection and health promotion.

ANCRS will ask:

- What makes Alaska Native communities strong?
- How are Alaska Native communities drawing on their strengths to support youth wellness and resilience and reduce the burden of suicide?

ANCRS includes 64 communities in three regions:

- Yukon Kuskokwim
- Northwest Arctic
- Bering Strait

ANCRS will explore the relationship between community protective factors and youth suicide risk and resilience.

ANCRS Ultimate Goal

ANCRS' ultimate goal is to develop a tool for communities to strategically map and build their resilience and resources for youth wellness and prevention of risk for suicide.

The Research Steering Committee (RSC)

The Research Steering Committee (RSC) provides oversight and direction for ANCRS. The RSC is made up of members from the three regions participating in the study and broadly represent the rural communities, tribal organizations and other local and regional health, social services and educational programs and agencies.

RSC Membership Roster 2018

Billy Charles
Diane McEachern
Mary Pete
Gloria Simeon
Barb (QasuGlana) Amarok

Charlene Apok
Adeline M. Kameroff
Roberta R. Moto
Julie Raymond-Yakoubian
Jessica S Ullrich

Alaska Native Community Resilience & Protective Factors

Cultural Continuity

- Cultural practices
- Subsistence activities
- Alaska Native language fluency and instruction

Self-Determination/Local Control

- Active tribal government
- Local community input

Effective Services

- Culturally responsive services and schools

Community Development

- Community opportunities & support
- Positive community relationships

Spirituality and Religion

- Strong churches
- Strong traditional spirituality



"Healing radiates. It's all encompassing and intertwined."

Inaugural ANCHRR Collaborative Hub Meeting

This first annual meeting was held April 3-4, 2018, in Fairbanks, AK, with over 100 attendees representing 32 communities across the state. This event was hosted by the University of Alaska Fairbanks in partnership with Kawerak and Maniilaq's Northwest Alaska Wellness Initiative (NAWI) and First Alaskans Institute.

The gathering took place over two days and involved the sharing of stories of strength and success from within our Alaska Native communities along with working sessions and group dialogues where we asked ourselves:

- How do we build on our peoples' strengths and wellbeing?
- How did our ancestors do it?
- How research can be of service to Alaska Native communities?
- With healing at the center, what will transform in our communities?



Hub Highlights

- Keynotes from Cody Ferguson (Cup'ik) and Ricky Tagaban (Tlingit): Youth leaders identify the key role of their traditional practices such as Yup'ik song and dance and Chilkat weaving in building their resilience
- Men's House and Women's Circle Dialogues
- Research Lights A Way: Seal oil lamp demonstration and ceremony

"The 1st annual ANCHRR conference was a powerful testimony to how we, the indigenous people of Alaska, are taking control of our own destiny. That involves revering our cultural bearers keeping our traditions alive, but also, revering our cultural leaders paving new roads. Our cultures are key. They give meaning to life."

– Cody Ferguson, Chevak



Upcoming ANCHRR Events

Community Protective Factors Data Collection for **ANCRS** — October 2018 to May 2019

Save the Date!

ANCHRR's 2nd Annual Statewide Meeting

March 27-28, 2019

Nome, Alaska

For more ANCHRR updates, news and to watch videos of keynotes from the 1st Annual Collaborative Hub meeting go to ANCHRR's website:

www.anchrr.org

Also follow ANCHRR on Facebook and Twitter.



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